



Pillar Prep: Torso (Level 1)

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Pillar Bridge (30 sec hold)

Why:

- Introduce pillar activation

Coaching Keys:

- Push tall through elbows
- Maintain neutral spine



Pillar Prep: Torso (Level 2)

Pillar Bridge w/ Arm Lift

Why:

- **Introduce Rotary Stability**

Coaching Keys:

- **Do not let trunk move as arms leave the ground**
- **Keep weight even as arms lift**



Pillar Prep: Torso (Level 3)

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Plank w/ Alternating Hip Flexion

Why:

Coaching Keys:

- **Draw one knee towards chest keeping the back leg straight**
- **Move in control**

Pillar Prep: Shoulder (Level 1)

Y's – Deck

Why:

- **Introduce scapular stability and improve muscle recruitment patterns**

Coaching Keys:

- **Keep stomach tight and thumbs up**
- **Initiate movement with shoulder blades not the arms**

Pillar Prep: Shoulder (Level 2)

Y's – Bent Over

Why:

- **Improve scapular stability with increased pillar demand**

Coaching Keys:

- **Hinge at waist, back flat & chest up**
- **Initiate movement with shoulders, not arms**

Pillar Prep: Shoulder (Level 3)

T's – Bent Over

Why:

- **Improve scapular stability with increased pillar demand**

Coaching Keys:

- **Hinge at waist, back flat & chest up**
- **Keep shoulder blades back and down, trying to squeeze them together**

Pillar Prep: Hip (Level 1)

Glute Bridge (30 sec hold)

Why:

- **To activate and improve the muscle recruitment patterns of the glutes**

Coaching Keys:

- **Initiate movement with glutes**
- **Keep toes pulled to shins**

Pillar Prep: Hip (Level 2)

Glute Bridge Marching (Knee Extension)

Why:

- To activate and improve the muscle recruitment patterns of the glutes while adding increased pillar demand

Coaching Keys:

- Initiate movement with glutes
- Alternate knee extension

Pillar Prep: Hip (Level 1)

Glute Bridge Marching (Hip Flexion)

Why:

- To activate and improve the muscle recruitment patterns of the glutes while resisting rotation

Coaching Keys:

- Initiate movement with glutes
- Lift one knee toward chest, then alternate legs

Movement Prep (Level 1)

Mini Band – External Rotations

Why:

- **Activation of the glutes, preparing them for the daily session**

Coaching Keys:

- **Keep feet flat on the floor**
- **Keep pelvis stable**

Movement Prep (Level 2)

Mini Band - Bent Knee Lateral Walk

Why:

Coaching Keys:

- **Keep chest up and back flat**
- **Keep tension on the mini band at all times**

Movement Prep (Level 3)

Mini Band – Straight Leg Lateral Walk

Why:

Coaching Keys:

- **Keep chest up and back flat**
- **Keep tension on the mini band at all times**

Movement Prep (Level 1)

Reverse Lunge, Elbow to Instep - Kneeling

Why:

- To improve flexibility in hips, hamstrings, and hip flexors

Coaching Keys:

- Kneeling, take a half step forward with left foot
- Contract back glute during stretch

Movement Prep (Level 2)

Reverse Lunge, Elbow to Instep – In Place

Why:

- To improve flexibility in hips, hamstrings, and hip flexors, while introducing glute contraction

Coaching Keys:

- Keep the back knee off the ground
- Contract back glute during stretch

Movement Prep (Level 3)

Reverse Lunge, Elbow to Instep w/ Rotation

Why:

- To improve flexibility in hips, hamstrings, and hip flexors, while introducing thoracic rotation

Coaching Keys:

- Contract back glute during stretch
- Rotate right arm & chest to the sky as far as you can

Movement Prep (Level 1)

Lateral Squat - Alternating

Why:

- **To increase the flexibility of the groin and hip, while maintaining pillar strength.**

Coaching Keys:

- **Push through hip**
- **Keep your opposite leg straight, back flat, and chest up**

Movement Prep (Level 2)

Lateral Squat – Low Alternating

Why:

- **To increase the flexibility of the groin and hip, while maintaining pillar strength**

Coaching Keys:

- **Keep hips low throughout movement**
- **Keep weight on mid foot to heel**

Movement Prep (Level 3)

Lateral Lunge - Alternating

Why:

Coaching Keys:

- **Keep weight on mid foot to heel**
- **Keep chest up and back flat**

Movement Prep (Level 1)

Inverted Hamstring w/ support

Why:

- To improve hamstring flexibility, along with pillar stabilization

Coaching Keys:

- Maintain a line from ear to ankle
- Try not to let foot touch ground between repetitions



Movement Prep (Level 2 & 3)

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Inverted Hamstring

Why:

- **To improve hamstring flexibility, balance, along with pillar stabilization**

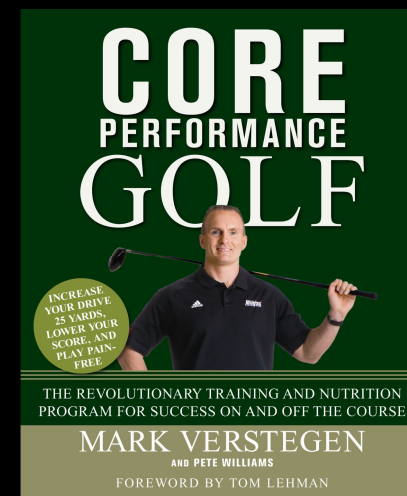
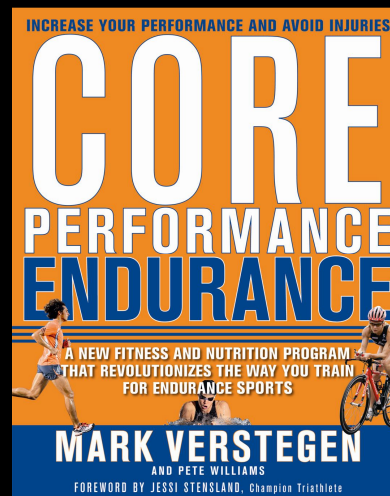
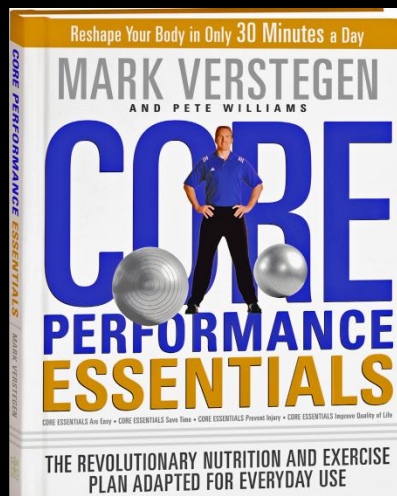
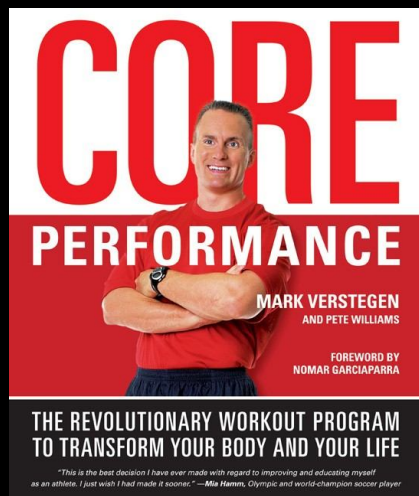
Coaching Keys:

- **Maintain a straight line from ear to ankle**
- **Try not to let foot touch ground between repetitions**

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